學校簡介

雷恩商學院有兩大校區，分別為雷商主校區與巴黎校區，大部分課程在雷恩開設，距離雷恩地鐵A線約1公里，校園佔地27,000平方米，擁有4棟教學大樓，包含圖書館、3座體育場地1座戶外運動場、學生社團場地、音樂室、3個研究中心及學生餐廳。

宿舍:
因雷恩商學院為私立學校(在法國私立商學院比公立整體排名更前面)，在政府補助上不比公立學校多，因此在申請宿舍時僅能透過學校代為申請，今年度共有約70-80個床位釋出(每年不一定)，校方會寄email通知採先回傳先卡位，因此五月底左右需特別注意學校信件。

課程:
法國商學院常常會因為老師個人因素臨時停課，再由老師單方面選擇補課時間，學生需完全配合老師的行程(法國思維:學生的責任就是上課因此全職等待課程安排是義務)。

交通:
雷恩有市區月票幾乎包含所有的公共交通，一個月僅需儲值25歐。學校搭地鐵(A線)可轉公車或步行10分鐘至學校，搭公車可直達校門口，整體通勤方式相對方便。

生活水平:
雷恩違法國第十大城，整體生活成本大抵受到外食次數影響最大，其餘日常用品或食材採買均類台北物價，無太大差異。學校有學餐，每餐價格落在6-8歐左右，但只要是學生就可以到其他校的學餐吃飯，公立學校的學餐價格落在3-5歐。

電信:
有些電信惠要求要有銀行帳戶才能申請，FREE是所有電信中申請流程最簡化也最快速的，建議去REPUBLIQUE附近門市，承辦員英文很好申辦比較快速。辦銀行的前置作業需要有手機帳戶，申辦房補需有銀行帳戶，因此最佳申請流程為電信、銀行、房補。

銀行:
法國最大的銀行之一為BNP，建議到市政廳那間(承辦員英文很好可以當天辦理完所有流程)。

房補:
房補需在台灣就申請好出生證明(可影本或正本)並透過法院認證的律師進行公證，再交由外交部二次複核。到法國當地再由當地翻譯師進行翻譯，才能開始進行行政流程，因雷恩房補無法透過線上辦理因此會需要到CAF的辦事處進行資料繳交及填答。需注意房補的申請月份並非依照居住時間計算，是以VISA到期時間計算，且補助額有時候核發較慢，若確定回國前無法核發完要記得將帳戶轉成REVOLUT(或一開始就用REVOLUT帳戶)，才能將BNP關戶，否則第二年開始會開始扣款(類似使用費)。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

推薦Level5 international human resource的People Management and Cross-cultural Leadership，老師會以多元的教學方式讓學生理解與接納跨文化的差異及領導風格的適用，且課堂中會有很多跨文化議題的討論，可以了解不同國家背景的同學如何思考同一個議題，及針對不同問題背後的價值觀及思考脈絡。

國外研修之生活學習（課外）

收穫最多的多為文化及價值觀:

1. 如何慢步調的生活:在台灣人生的步調總是很緊湊，畢業即就業，工作幾年就開始討論升遷、結婚、生子，但在法國先把自己的人生過好才是一切的根本。所謂把自己過好不是所謂的人生規劃或職涯目標，而是將「自己」照顧好，慢步調才能適時的休息，往更長遠的人生道路健康的前進。

2. 任何事物都不能定義一個人的價值:在法國一個人的身分地位與職業學歷等外在條件是脫鉤的，不像台灣用許多的外在條件去形成對一個人的評價。人的價值是由一個人的內在慢慢推砌而成，而外在條件是這個人所選擇的結果，並非高學歷好工作就能代表一個人的既有價值。

交換/研修之具體效益（請條列式列舉）

1. 跨國交流:與不同國家背景的同學進行交流，可以更確定自身的職涯規劃，也可以更了解不同國家的文化思維與建立當地人脈。

2. 國際視野養成:探索不同國家，也可了解當地市場輪廓及消費/生活型態，對外來職涯可為一技能。

3. 文化適應性:訓練自己在不同文化背景的同學中找到不同群體的融入方式，不同地區與國家的同學會有不同的溝通默契與人際距離，直接接觸這些同學是最快熟悉的這些軟實力的方式。

海外生活期間是否曾遭遇困境，及是否解決問題? 如是，請說明如何解決問題;如未解決，請說明事件最大的啟發及思考未來可以怎麼解決?

法國申請電信，銀行，房補等等都有許多行政手續，有時候與同學繳交同份資料卻會有不同結果，建議直接去現場詢問承辦人員，問題通常都可以獲得解決

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應?

外國學生在課間都會有small talk去增進彼此的認識，較少選擇留在教室複習或滑手機，但只要理解任何話題都可以變成small talk的主題，大家在意的只是待在一起有一句沒一句的交流，就會變得很輕鬆地融入對話內容

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼?

最大的體悟與成長便是了解人生只是過程沒有永恆的結果，因此在做職涯、人生的選擇時能夠厂看清自己所追求的價值也更勇於探索，將人生場域從台灣擴大為世界，選擇變多的同時雖然需要承擔更多風險，但交換的意義之一便是提前探索與體驗將後續選擇風險(文化適應性、當地生活風格、商業環境等)盡可能降至最低。

您認為獎學金對您海外研修最大的幫助是什麼? 有無獎學金是否會改變您的出國計畫?

最大的幫助為開拓跨國文化及視野，若無中山獎學金支持跨國探索的機會會減少，無法真的比較出未來適合投遞工作的國家及城市

感言及心得感想

很謝謝中山大學的出國資源及贊助獎助學金的校友，常說在年輕時候沒有足夠的金錢去探索世界，出社會後成了沒有時間及勇氣跨出舒適圈，因此很珍惜這次的機會，這次經歷極大程度改變了我的價值觀與人生規劃。透過中山提供的資源看到了選擇，接下會努力與勇氣並用達到自我設定的目標。

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

The school for this exchange is Rennes School of Business. Rennes School of Business has two main campuses, namely the Rennes campus and the Paris campus. Most courses are offered in Rennes, which is approximately 1 kilometer away from the Rennes metro Line A. The campus covers an area of 27,000 square meters and comprises four teaching buildings, including a library, three sports facilities, one outdoor sports field, student club venues, a music room, three research centers, and a student cafeteria.

1. Accommodation:
As Rennes School of Business is a private institution (ranked higher than public institutions in overall rankings among private business schools in France), it does not receive as much government subsidy as public schools. Therefore, accommodation applications can only be made through the school. Approximately 70-80 beds are available for this academic year (the number varies each year), and the school will send emails to notify students. Beds are allocated on a first-come, first-served basis, so students should pay special attention to school emails around the end of May.

2. Courses:
It's common for French business schools to have classes cancelled last-minute due to personal reasons of the professors. Subsequently, rescheduled classes are decided unilaterally by the professors, and students are required to fully accommodate the professors' schedules (French mindset: students' responsibility is to attend classes, thus waiting for class arrangements is obligatory).

3. Transportation:
In Rennes, the urban monthly pass covers almost all public transportation, costing only €25 per month. Students can take the metro (Line A) to the school and then transfer to a bus or walk 10 minutes to reach the campus. Buses directly stop at the school gates, making commuting relatively convenient overall.

For younger students who are interested in elective courses in International Human Resource Management, I recommend the Level 5 course "People Management and Cross-cultural Leadership". In this course, the instructor employs diverse teaching methods to help students understand and embrace cross-cultural differences and the applicability of various leadership styles. Class discussions often revolve around cross-cultural issues, allowing students to grasp how peers from different national backgrounds approach the same topic. Moreover, these discussions delve into the underlying values and thought processes behind different perspectives on various issues.

Learning outside the classroom often yields insights that can be lifelong lessons, with the most significant gains often revolving around culture and values:

1. Embracing a slower pace of life: In Taiwan, life tends to move at a rapid pace, with individuals often transitioning swiftly from graduation to employment, and discussions about career advancement, marriage, and starting a family following shortly after. However, in France, the fundamental principle is to live one's life well before anything else. Living life well does not entail rigid life plans or career goals but rather prioritizing self-care. Embracing a slower pace allows for timely rest and fosters progress along a healthier, more sustainable life path in the long run.

2. Avoiding the temptation to define one's worth by external standards: In France, a person's social status and educational background are detached from their intrinsic value, unlike in Taiwan where external criteria are often used to assess individuals. A person's worth is gradually built from within, and external conditions merely reflect the choices made by that individual. High academic qualifications or prestigious jobs do not inherently define a person's true value.

When summarizing the benefits of the exchange program, I believe the following three points are the most

important:

1. Cross-cultural exchange: Interacting with classmates from different countries allows for a clearer understanding of one's career aspirations and fosters a deeper appreciation for various cultural perspectives. It also provides opportunities to build local networks in different countries.

2. Cultivation of an international perspective: Exploring different countries enables students to understand local market profiles, consumer behaviors, and lifestyles, which can be valuable skills for future careers in an international context.

3. Cultural adaptability: Training oneself to adapt to different cultural backgrounds helps in finding ways to integrate into diverse groups of classmates. Students from different regions and countries may have varying communication styles and interpersonal distances, and direct interaction with them is the fastest way to develop these soft skills.

Finally, I want to express my sincere gratitude to the alumni of National Sun Yat-sen University for their support and sponsorship, which made this overseas experience possible. It is often said that when we are young, we lack the financial means to explore the world, and as we enter the workforce, we may find ourselves lacking the time and courage to step out of our comfort zones. Therefore, I truly cherish this opportunity. This experience has significantly transformed my values and life plans. Through the resources provided by National Sun Yat-sen University, I have seen the power of choice. Moving forward, I will strive with both diligence and courage to achieve the goals I have set for myself.